



TIME FOR YOUR
#wellnessbreak

15
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Virtual Wellness Breaks

Jan 11.-Mar 31.2022

Tuesdays @10:30AM

Thursdays @12PM

Take a Brain Break. Re-Energize. Move. De-Stress.

Join Zoom Meeting
<https://us02web.zoom.us/j/84314425183>

Meeting ID: 843 1442 5183

Passcode: Letsmove1!

Attend 18 Wellness Breaks and You Could Win:

Happy Light Therapy Box
8 Piece Bullett Blender